# How to Complete the Cigna Health Assessment
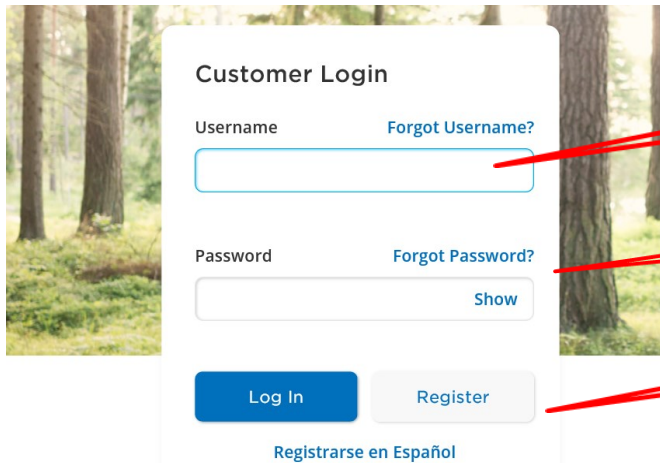
1. **Log in to www.mycigna.com**

Customer Login

Username — Forgot Username?

Password — Forgot Password?
Show

Log In     Register

Registrarse en Español

**Login with your account info.**

**Follow the prompts if you do not remember your username and/or password.**

**Click here to create an account.**

2. **After you login, select the "Wellness" tab near the top of the page.**

Cigna.

Home    Find Care & Costs    Claims ▾    Coverage ▾    Spending Accounts ▾    Wellness ▾
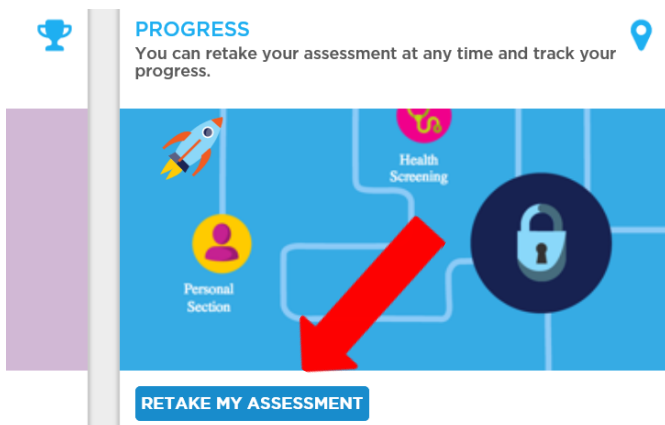
3. **Select "My Health Assessment"**

Wellness

Tools

My Health Assessment

Apps & Activities

Rewards & Programs

Healthy Rewards - Discount Programs

4. **Select "Retake My Assessment"**

PROGRESS
You can retake your assessment at any time and track your progress.

Health Screening

Personal Section

RETAKE MY ASSESSMENT

5. **Answer all of the questions. At the end you will receive your score. All done!**

**YOUR SCORE: 99**
**PEER SCORE: 90**

| 100 | 99 | 99 | 99 | 99 | 94 |
| 90 | | | | | |
| 80 | | | | | |
| 70 | | | | | |
| 60 | | | | | |
| 50 | | | | | |

**Risk Management will be notified once you have completed your assessment. No score or confidential information is shared with Risk Management and you do not need to submit your score or proof of completion to Risk Management.**